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# THE HARVEST

MARCH 1988

STE ANNE DE BELLEVUE

MACDONALD COLLEGE

QUEBEC

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## THE NUTRITION EDITION



Here comes  
**CAPTAIN  
NUTRITION!**

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# Editorial

As members of an affluent first world country, most Canadians have the ability to choose what they eat. Many people in the world cannot make this choice, they must eat what they can get. Some in the impoverished, drought stricken or war-torn countries such as Upper Volta, Chad, Ethiopia and Madagascar, cannot even get enough food to stay alive.

In North America, despite or perhaps because of our high average income, we have acquired food problems of our own. We have one problem associated with affluence and another with urban poverty. The wealthy, since the beginning of civilisation, have had the ability to overeat and to eat for pleasure without concern for nutrition. Gluttony was counted as one of the seven deadly sins. In Roman times the wealthy ate for sensual gratification but realising gluttony was deadly, in a corporal as well as physical sense, many of them resorted to the vomitorium in the same way

and for the same reasons as bulimia victims do today - the only difference is today we see such behaviour as an illness - an eating disorder. The wealthy in North America have, until the recent past, eaten excessive amounts of red meat, butter, cream, and confections made with animal fats and sugar. On the other hand in modern times, the urban poor have spent a disproportionate amount of

their limited food money on manufactured foods which have been foisted on the public by big business, poor children in cities and adults too, seem to live on packets of potato chips, Coca Cola and candy bars. White sugar and white bread are their staple diet with big steaks or Big Macs for special occasions.

At least in our lifetimes, ignorance of both the rich and the poor on matters of diet are dissipating. First the Granolas of the 60's and the Yuppies of the seventies led the way to healthier eating habits. As in all revolutions, some people overreacted and became food fadists, but now the pendulum is swinging back and educated people are listening to scientific

opinion on the growing correlation between health, longevity and diet. The major killer diseases of modern times, coronary heart disease, and cancer are now believed to owe their prevalence to improper diet.

The task of educating the low income groups lies ahead of us and responsibility for the leadership role falls to the dietitians. This is our thought for March - the Nutrition Month - let's try to dispel ignorance about

food by preaching the gospel of the balanced diet and turning the

food companies away from advertising and marketing products which seduce people away from nutritious food which consumed in excess are even life threatening.

We in Canada have the choice whether we eat well or badly; to change our eating habits as individuals might be considered self serving but to actively attempt to change the eating patterns of others and to redirect the efforts of the food business is a noble aim not only for nutritionists but for Canadians in general.

Lisa Jane Callow

# ISSUES

This issue deals with the dietary regulations in our hospitals, and how they can relate to one's cultural and religious beliefs.

The situation is as follows: When a Jewish person who follows a kosher diet is admitted to a non Jewish hospital, he is allowed to bring in a kosher meal and the hospital will heat it up and serve it to him.

Now suppose that a non Jewish person is admitted to a Jewish hospital. This patient drinks skim milk with every meal including meals containing meat. The question is, should this Jewish institution serve milk to this patient or should the institution maintain the kosher tradition and not serve milk and meat together? Does this non Jewish individual have the right to be served what he wants if the hospital already has the particular food (milk in this case)?

What do you think?

Send your reply to: Issues

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Typesetting by Fiona Stewart and printing by Payette and Simms.

The **Harvest** is located in the basement of Harrison House, turn right at the pool table.

## A GOOD QUESTION

Why is wheat germ good for you?

When wheat is processed to make flour, the germ and bran which contain the bulk of the vitamins and minerals are removed. Most of this refuse is sold as livestock feed, though a small amount is processed and sold in supermarkets for human consumption. Wheat germ has many nutritional benefits but its main claim to fame is the fact that it is high in vitamin B-6. This vitamin also called pyridoxine is necessary for many metabolic reactions in the body. It is critical for the formation and growth of red blood cells and the processing of the protein that we eat. Women who take oral contraceptives are

encouraged to take in an adequate amount of pyridoxine.

Recommended Daily Allowance is 2.0 mg for females and 2.2 mg for males.

How do I get the right amount of fibre in my diet without resorting to special food supplement?

Dietary fibre is the part of plants that is resistant to the human digestive system and therefore will pass through the body unabsorbed. The typical North American diet does not include enough fibre in the eyes of today's health professionals. Because fibre hastens the amount of time that food remains in your intestine,

it will lessen the chance of developing colon diseases. Evidence also shows that fibre "clings" to cholesterol in the digestive tract and stops it being absorbed by the body.

Sources of fibre are any fruit or vegetable, whole and raw are the operative words here, the less processed (ex: canned or as juice) the better. An excellent source of dietary fibre are legumes (dried beans and peas) with a score of 6 grams per  $\frac{1}{2}$  cup. Also one tablespoon of wheat bran added to your cereal, yoghurt or even tomato juice is equivalent to 6 - 7 grams of fibre. The American Dietetic Association recommends an intake of at least 20 grams a day.



# Healthy Weight in '88

## Know your Body Mass Index

by Yanis Felemegos

This year's nutrition month theme was healthy weight in '88. More specifically it dealt with the BODY MASS INDEX or BMI and how it relates to our general health. BMI is nothing more than an indicator of whether our weight will be associated with a low, moderate or increased risk for developing health problems such as heart disease, or diabetes. BMI is the result of a mathematical formula which takes into account our weight in kilograms and our height in metres.

Unfortunately, BMI cannot be used for everybody. football players and any other Mr. or Ms. Muscle is excluded. So are pregnant and lactating women or anybody below the age of 20 or over the age of 65.

For the rest of us, BMI provides us with a way to not only talk our weight, but our general health at the same time. We no longer talk about specific weight for height, but we now consider an acceptable range of weights for height.

How do we figure out our BMI? You need two things; first the BMI table and second a ruler. The BMI table defines weight in both pounds and kilograms and height in both inches and centimeters. Mark your height on column A, then mark your weight on column B. The extension of the straight line between the marks on columns A and B to the column C will give your BMI value.

If your BMI is under 20 then there is a chance of health problems with some individuals. If your BMI is between 20 and 25, then this the range that is associated with the lowest risk for health problems in most individuals. This is the range that you should be in.

If your BMI is between 25 to 27, you should be a little concerned since this is the range that is associated with a moderate risk of health problems in some individuals. Finally if your BMI is over 27 then you should be aware that these problems are associated with an increased risk of health problems.

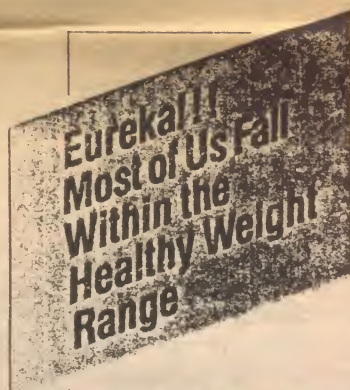
If your BMI does not fall within the range of 20 to 25, it is time you looked into the possible reasons for this. It does not hurt to seek some medical or dietetic advice from your physician or a dietitian.

A last point, even if your BMI does fall within the "safe" range, you still have to make sure that you follow proper nutrient intake by eating foods recommended in the Canada's Food Guide, and that you maintain an adequate level of physical activity.

If your BMI is between 25 to 27, you should be a little concerned since this is the range that is associated with a moderate risk of health problems in some individuals. Finally if your BMI is over 27 then you should be aware that these problems are associated with an increased risk of health problems.



## TRY IT OUT!

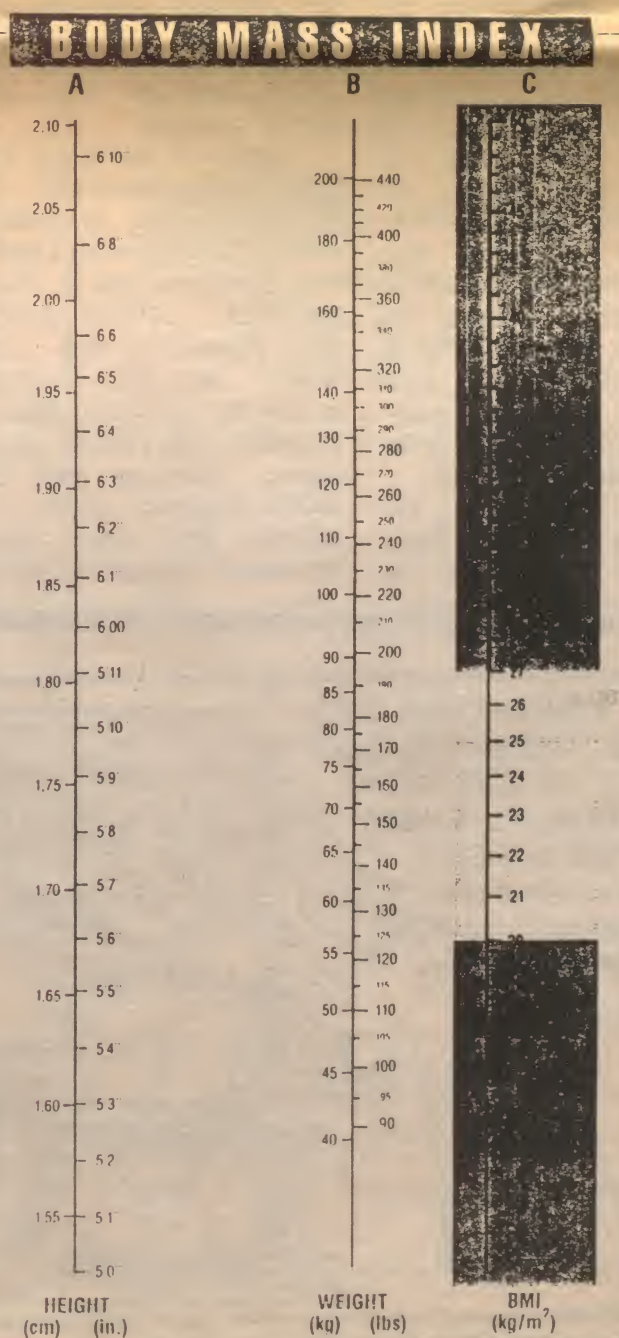


### How to Find Your BMI. It's Easy!

1. Mark an X at your height on line A.
2. Mark an X at your weight on line B.
3. Take a ruler and join the two X's.
4. To find your BMI, extend the line to line C.

### For Example:

- If Michael is 5'11" (1.80 m) and weighs 188 lbs (85 kg), his BMI is about 26.
- If Irene is 5'4" (1.60 m) and weighs 132 lbs (60 kg), her BMI is about 23.



## Obituary

**DIED:** Roger J. Williams, 94, a leading biochemist and nutritionist who discovered the growth-promoting vitamin pantothenic acid; of pneumonia, in Austin, Texas, Feb. 20. Williams, author of 26 books and more than 200 articles, did extensive research on the effects nutrients have on aging, psychological disorders, alcoholism and mental retardation.



MANGER MIEUX-C'EST MEILLEUR  
M.C. de l'Association canadienne des diététistes



# "If you have Diabetes, you can help change the way it is treated."

The Diabetes Control and Complications Trial is seeking volunteers for a major research study supported by the National Institutes of Health.

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## Simply Divine

by Red

In the neverending quest for food that is devilishly good yet has, "heaven forbid", few calories, Nutrasweet Company has come out with a new fat substitute called Simplese. The product is made from protein from egg whites and milk and is whipped at high speeds into miniscule globules which mimic the texture of fat. So really Simplese is fooling your taste buds. One drawback is that Simplese cannot be heated or the configuration of the protein it is made from will be altered (somewhat like egg whites after you've cooked them).

But just how low calorie is Simplese? Well, compared to protein and

carbohydrates which deliver 4 calories per gram to the human body, alcohol at 7 calories per gram and fat at a whopping 9 calories the new fat substitute scores just 1.3 calories per gram. This would mean that the products Simplese is intended for such as ice cream, dressings, mayonnaise will be less than half the normal calories.

Does all this sound too good to be true? Well, it very well might be. Nutrasweet claims because Simplese is natural and is only physically altered during the processing, that it doesn't need to be approved by the Food and Drug Administration. The FDA has other ideas; they say that if indeed Simplese is so natural and safe then Nutrasweet shouldn't be so

uncooperative about having it tested through the normal procedures. Possibly, this conflict harps back to a few years ago when aspartame was new on the scene. Desperate for a new sugar substitute after the nefarious side effects of saccharin and cyclamates were announced to the public, the FDA was accused of pushing aspartame on the market too quickly. Indeed there was speculation as to whether the FDA covered up a report that showed aspartame to cause brain tumors in rats, they claimed the lab results came late; it was all too much of a coincidence but the scandal was hush-hushed. Maybe this time around, we will all be better off for waiting a bit longer for the "miracle" fat to be approved.

## Recipes for Students



### Quickest Ever Chili

Preparation time: 10 minutes  
Cooking time: 15 minutes

If you only have an hour to make your meal, eat it and clean up afterward, then this is for you. All the ingredients simmer together for a few minutes, and a bowl of hot chili is ready. Tofu, soybean curd, adds protein to the mixture.

2	stalks celery, thinly sliced
1	medium onion, chopped
1	green pepper, chopped
125 mL	chicken broth
1	can (213 mL/7½ oz) tomato sauce
10-15 mL	chili powder
1	can (540 mL/19 oz) Romano or pinto beans, drained and rinsed
1	block tofu (6 x 6 x 4 cm/2½ x 2½ x 1½ in), 140 g
Pinch	freshly ground pepper

- 1 In a saucepan, combine celery, onion, green pepper, chicken broth, tomato sauce and chili powder.
- 2 Cook over medium heat, stirring occasionally, for 5 minutes.
- 3 Stir in beans.
- 4 Press tofu between paper towels to remove some of the moisture. Cut into small cubes; stir into bean mixture. Simmer about 10 minutes.
- 5 Serve in bowls or deep plates.

Makes 4 servings, 750 mL

Each serving: 200 mL		
1 <input checked="" type="checkbox"/> Protein Choice	28 g carbohydrate	810 kilojoules
2 <input type="checkbox"/> Starchy Choices	11 g protein	(192 Calories)
	4 g fat	

from Kay Spicer's Light and Easy Choices



NINE HUNDRED YEARS AFTER THE DOWNFALL OF THE HUMAN RACE THE RATS STILL HELD A GRUDGE.



# BONE ALERT

## Calcium, Consumers, and Confusion

by Suzana Vidanovic

Recent media coverage on calcium supplementation as a preventative measure against the development of osteoporosis, has left the female consumer bewildered, frightened and confused.

Women are literally running out to their local pharmacies and purchasing all types of supplements, from antacids to high potency calcium tablets. Pharmaceutical companies have cashed in on this fear of being calcium deficient by publishing cleverly written full page ads that nurture the myth: if you do not take calcium supplements you are probably deficient and will one day inevitably be afflicted with osteoporosis. Food producers have also jumped on the band wagon by offering a variety of calcium enriched and fortified products like milk, cheese, breads and dry cereals. The whole issue has been blown way out of proportion!

Professionals on the other hand publicly argue over the question, some supporting supplementation, while others vehemently oppose it.

Meanwhile the -pardon me- ignorant average consumer, influenced by this sensationalistic propaganda has yielded to the fashionable trend of taking calcium supplements regularly with their morning coffee and jelly doughnut! If you question these supplement junkies about what they believe, they openly admit that they do not know

who to trust, and until a consensus on the role of calcium supplements on osteoporosis prevention is reached they stick to their philosophy of it's better to be safe than sorry and continue to overdose on calcium just to be sure.

For how long will this be allowed to continue? I would not at all be surprised if McDonalds came out with a Calcium Burger within the next year.

### THE FACTS

As with any essential nutrient, if one consumes a well balanced diet, for example as described in the Canada Food Guide, and is in good health, one will not develop a deficiency in any one nutrient, including calcium.

Just for the record, any well balanced regime includes at least two servings of calcium-rich foods ( see chart) will ensure an adequate calcium intake.

### THE CALCIUM STORY

Calcium is a threshold nutrient. In laymen terms, this means that if calcium intake is increased above and beyond the recommended daily intake, this excess will not continue to increase bone mass in the individual who absorbs and metabolizes calcium normally. Surpassing the daily needs for calcium results in its excretion through the urine, which over long term may produce undesirable effects such as calcium deposits and kidney stones.

### ABSORBABILITY

When discussing absorbability of calcium, one has to take into consideration two important factors: the ability of the individual to absorb calcium and the absorbability of the calcium. The first has to do with the health of the person, the second with the source of the calcium. In the healthy individual, the calcium is absorbed best from dairy products, less efficiently from plant sources and generally least from commercial products. However, the absorbability of calcium from any source is enhanced by acid. For example, drinking orange juice while eating a cheese sandwich will enhance the absorption of calcium from the cheese; conversely, the absorption is diminished by caffeine ingestion.

### WHO IS AT RISK?

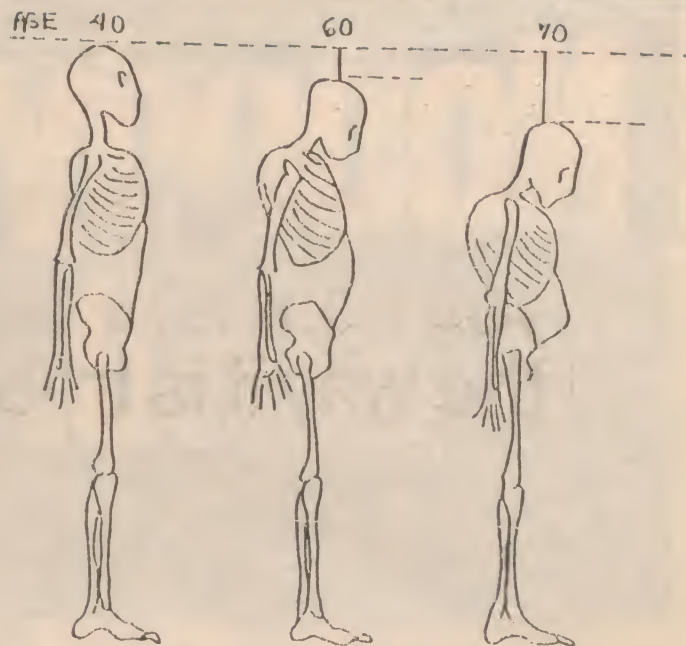
I you fall into any one of the following categories, then you are at risk and should speak to a physician about prevention:

- small or thin stature
- fair skin
- little or no exercise
- alcohol drinker
- ovariectomized
- family history
- chronically low calcium diet
- hormonal imbalance
- intestinal or metabolic disease

### WHO NEEDS SUPPLEMENTS?

Noone unless prescribed by a physician.

So the next time you are faced with the decision to supplement your diet or not. Remember this, you get more value for the money from one glass of milk then from one calcium tablet.



### DAIRY PRODUCTS

### ELEMENTAL CALCIUM

Milk, skim - 250 mL (1 cup)	317 mg
Milk, 2% - 250 mL (1 cup)	315
Milk, whole - 250 mL (1 cup)	306
Milk pudding - 125 mL (½ cup)	239
Yoghurt, partially skim milk, average - 125 g (4 oz.)	176
Ice cream, hard - 125 mL (½ cup)	92
Cheese:	
Swiss - 45 g (1½ oz.)	432
Cheddar - 45 g (1½ oz.)	324
Mozzarella - 45 g (1½ oz.)	233
Parmesan, grated - 15 mL (1 tbsp.)	96
Cottage, 2% fat - 125 mL (½ cup)	80
Processed spread - 15 mL (1 tbsp.)	79



"I think the car isn't getting enough fiber. Otto thinks the problem is a lack of calcium."

### Recommended daily calcium intake\*

Age	Elemental calcium
0-6 months	360 mg
6-12 months	540 mg
1-10 years	800 mg
11-18 years	1,200 mg
Adults	1,000 mg
Pregnancy and nursing mothers	1,300 mg
After menopause: if on estrogens	1,200 mg
if not on estrogens	1,500 mg

\*Sources: 1. Nat Res Council, Recommended Dietary Allowances, Nat Acad of Sci, Washington, D.C. 1980. 2. FDA Consumer July-August 1981, 15(6). 3. Heaney RP et al. Am J Clin Nutr 1977;30:1603 and J Lab Clin Med 1978;92:953.

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## Confessions Nutritionally Confused

by Fatso

Folks, my life is getting to be very complicated lately. It has come to the point where I had to resort to pen and paper to let it all out.

For me to get to this extreme state, that is writing to The Harvest of all newspapers, believe me folks, it's serious stuff. Let me tell my story first and then let you judge if I am a fruitcake or whether I'm in serious trouble.

I used to think that I was a normal kind of guy, a little above average weight but otherwise normal. From the time I moved into my own apartment, I had been following a pretty healthy food pattern; 3-4 strips of bacon or 2-3 pork sausages with a couple of fried eggs

for breakfast, a couple of doughnuts with coffee for my morning pick-me-up snack, hamburger with a large order of french fries and a coke for lunch, a nice french pastry with coffee in the afternoon, and a hearty dinner usually meat, (I hate fish) at night followed by my 9 o'clock midnight snack, (my favorite: salami, cooked ham, bacon or smoked meat topped with plenty of mayo, triple decker sandwich) and let's not forget the Dorito snacking during classes. If this is not healthy, what is?

I am also physically active; I've got a rolling chair in my apartment in which I roll around all day from my desk to the filing cabinets or kitchen and back. I even take the

elevator as much as possible, (this type of G force training is also used by NASA to train astronauts). I even bought a standard car so that I could exercise my hands while driving (the fact that it was the only one I could afford had nothing to do with it). Speaking of hands, let's not forget my finger exercises too, first with all the papers to write and most importantly while I am lying on the sofa watching TV and fiddling around with the remote control.

Unfortunately, I must have been doing something wrong, because last week I got the scare of my life. I used to like my nice round belly even though lately my shirt buttons refused to get on with the button holes. So what if I could not touch my toes (why would I want to touch something that I can't even see?). My girlfriend kept nagging me about my weight, telling me that I could have a heart attack (at least I would go feeling full; who knows what they serve up there). She even went as far as buying me a bathroom scale. She even threatened to leave me if I didn't lose the weight; but I stood untouched by her remarks, until last week that is.

It happened last Tuesday. I had to go for a summer job interview at a downtown office tower. The elevators in the building

were out of order so everyone had to climb the stairs, including me. I started climbing all nice and fresh but by the third floor, I was like a fish out of water. My internal organs decided to declare mutiny on the rest of my body. If you have not seen a grown man scared to death you should have been there. I used to take pride in myself for being a cool and collected guy, but I must have forgotten these qualities in my other

jacket pocket that morning. I don't have to tell you that my admiration for my body went down the sewer.

Being a very sensible guy who is the first one to admit his faults, I decided that I could spare a few dozen of those extra pounds. But I wasn't going to go to some stranger dietitian and admit that I was fat and needed to lose weight (I have a few pounds of pride on top of my protective coating of fat you know). so despite my girl-

see page 7

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# What You Eat

## NUTRIENTS THE FIVE COMPONENTS OF A BALANCED DIET

by Mike Boyle

Good nutrition is an essential element in the development of a strong, healthy body. From a quantitative viewpoint our nutrient needs change as we progress through the life cycle, however the qualitative aspect of our needs remains constant as we age. We will focus on the qualitative aspect of a balanced diet.

There are five classes of nutrients that contribute to an adequate diet:

### THE MACRONUTRIENTS:

#### 1. CARBOHYDRATES:

These are the most abundant "bulk nutrients" and are the major source of biological energy for the human body. Good sources of carbohydrates are: pasta products, rice, bread, potatoes & bananas (to name a few) all of which contain "complex" carbohydrate i.e. the type that must be digested and is SLOWLY absorbed into the bloodstream. "Simple" carbohydrates in the diet, such as glucose & fructose, require no digestion and are RAPIDLY absorbed into the blood.

2. **FATS:** Fats are also an important source of energy for the body. Certain fats (linoleic acid & linolenic acid) are necessary for the synthesis of all cell membranes. Since these fats cannot be synthesized in the human body, they must be obtained in the diet.

3. **PROTEIN:** Proteins are broken down to amino acids in the intestinal tract and are absorbed as such into the body. Amino acids are used for: (a) the synthesis of many specific proteins forming muscle, hair, nails, antibodies, enzymes, etc. & (b) a source of energy, although to a lesser degree than carbohydrates & fat.

### THE MICRONUTRIENTS:

4. **VITAMINS:** Vitamins serve as essential components of specific enzymes participating in metabolism and other specialized activities. Vitamins are classified into FAT soluble i.e. vitamins A, D, E & K and WATER soluble i.e. vitamin C, & the B vitamins: thiamine, niacin, riboflavin, pyridoxine, folic acid, vitamin B12, pantothenic acid & biotin. Excess fat soluble vitamins can be stored in adipose tissue for future use, but any excess water soluble vitamins are rapidly eliminated from the body therefore must be replenished regularly from food.

5. **MINERALS & TRACE ELEMENTS** These inorganic nutrients can be grouped into two classes: (a) Calcium, Phosphorus & Magnesium which are required in relatively large amounts in the diet each day and (b) Arsenic, Chlorine, Chromium, Copper, Fluorine, Iodine, Iron, Manganese, Nickel, Molybdenum, Potassium, Selenium, Silicon, Sodium, Tin, Vanadium & Zinc, required in relatively small quantities (often only micrograms) in the diet per day. Minerals have many functions: as components of bones & teeth, as electrolytes in maintaining water balance in the vascular system and tissues, in nerve & enzyme function, etc.

There you have in a nutshell, the five basic components in an adequate diet. By eating a balanced diet you can easily obtain all these nutrients as required.

Canada's Food Guide is a Government publication which can help you in planning a well balanced diet. Free copies of this guide can be obtained by writing to: Health & Welfare Canada, Guy Favreau Complex, East Tower room 210, Montréal, Quebec, H2Z 1X4. Happy "healthy" eating!

NUTRIENTS NUTRIENTS NUTRIENTS



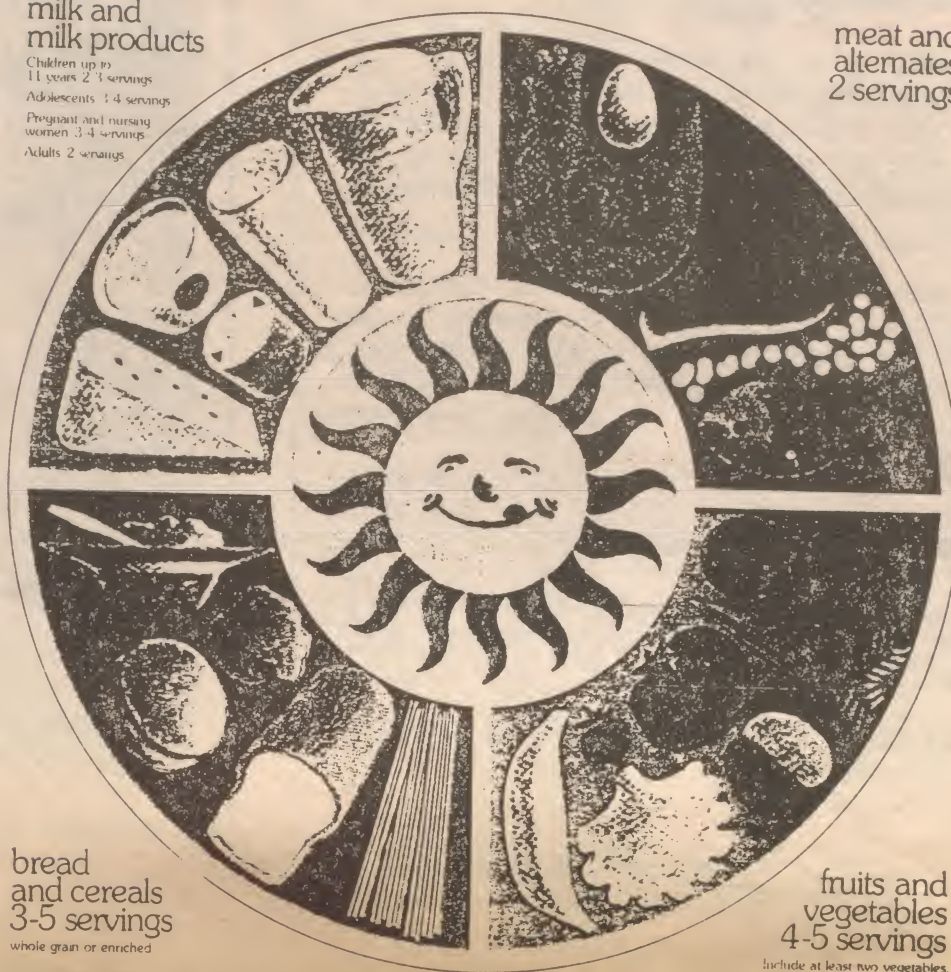
Canada's Food Guide

## Eat a variety of foods from each group every day

milk and milk products

Children up to 11 years 2-3 servings  
Adolescents 1-4 servings  
Pregnant and nursing women 3-4 servings  
Adults 2 servings

meat and alternates  
2 servings



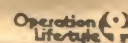
bread and cereals  
3-5 servings  
whole grain or enriched

fruits and vegetables  
4-5 servings  
include at least two vegetables



Health and Welfare Canada  
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## Books, books:

continued from page 6

friend's suggestion to see a dietitian, I decide to do what every proud man would do. I decided to lose weight my own way, with the help of a book dealing with the subject.

The following Saturday, I walked into a downtown bookstore hoping to find a book on dieting. Was I ever surprised, I went there thinking that I would be able to find five or six books to choose from, and instead I found half the shelves crammed with diet books. I couldn't believe my eyes. Thinking that I had entered a diet and nutrition bookstore instead of regular one, I approached an employee. Tell me, how was I supposed to know that these are the "in" books? Can you imagine my dilemma! here I was all mentally prepared to go on a diet, and here all around me were dozens and dozens of these books all claiming to have the perfect answer. If I was going to read all

of them I would need to enroll in another university major. So much for my high hopes for an easy pick. I would have better luck picking the winning numbers in the 6/49 lotto than picking the book that fits my situation. But I wasn't easily phased...

Since I was there I decided to flip through them so that I could have an idea of what lies ahead. It seems that everybody who is anybody writes a diet book these days. There was a book on this woman who lost forty pounds and lived to tell the tale. The book described the ordeal mainly from a social aspect but it failed to give me information on the principles behind her diet. It must have worked for her but how was it going to work for me? There was another suggesting you don't eat or drink anything except water and vitamins for a year or until you die, whichever comes first. There was also the book claiming that you could lose weight by going

on a rice diet. I could eat rice cakes for breakfast a couple days of the week but every meal? I would start growing feathers on my back. There was the book written by an actress in an off Broadway musical and who had appeared on local TV shows. Hearing how tough it is to make a living in an off Broadway production, I can understand how her professional experience would make her an authority on the subject of dieting. I also found the history of the Weight Watchers club told by the founder herself. She even had photos of herself claiming to be overweight. Frankly I have seen Las Vegas dancers fatter than that lady. Finally let's not forget all these people who call themselves "Dr. So and So". Their suggestions make me wonder from which university they graduated.

The more I kept flipping through these books, the more confused and disappointed I became.

see page 9



# Water Facts

by Carla Abbatemarco

Surprisingly, we are full of it... Water that is! Water accounts for one half to two thirds of our total body weight. Babies are made up of 80% water. Thus, a normal 70 kg person contains approximately 40 kg of water and an 8 kg baby contains approximately 6.5 kg of water.

As a carrier, water aids in digestion, absorption, circulation and excretion; it is essential in the regulation of body temperature; and plays an important role in mechanical functions such as the lubrication of joints.

An adult loses approximately 2 to 2.5 litres of water every day through the lungs (300 ml), skin (700 ml), feces (100 ml) and urine (1400 ml).

1 to 1½ litres of water or other liquids should be consumed daily in order to ensure a sufficient amount of water for body functions.

A loss of 10% of the body water is serious. A loss of 20 to 22% is fatal.



## CHECK OUT THE PERCENTAGE OF WATER IN YOUR FAVORITE FOODS

Cottage cheese, 2% MF	79%
Cheddar cheese	37%
Whole milk	88%
Skim milk	91%
Plain yoghurt, 1.5% MF	85%
Broiled sirloin steak	62%
Lobster, canned	77%
Shrimp, french fried, batter	57%
Tofu	85%
Brazil nuts, raw	3%
Peanut butter	1%
Broccoli, raw	91%
Celery, raw	95%
Corn, sweet, boiled	70%
Apple, raw with skin	84%
Banana, raw	74%
Figs, dried	28%
Soda crackers	4%
Whole wheat bread	36%
Hamburger bun	31%
Popcorn	4%
Potato chips	3%

## IN CALIFORNIA WHERE ELSE?

If you happen to be fortunate enough to take a trip to Beverly Hills, California this summer, make sure to stop by "The Water Bar", a mini-shop near the ever-famous, glitzy Rodeo Drive. They sell 80 types of bottled water from 25 countries around the world. Waters are displayed in large refrigerated cases and sell for \$ 1.00 to \$ 2.00 a bottle (U.S. currency of course!) Frequent "water tastings" are conducted and free glasses of the "Water of the Month" are offered to thirsty customers. Among the three hottest selling waters last summer at the Water Bar: Hawaiian Sparkling Water; Rokko, a Japanese Water; and Bourassa, a Canadian water (isn't that interesting!)

# Vitamin D Facts

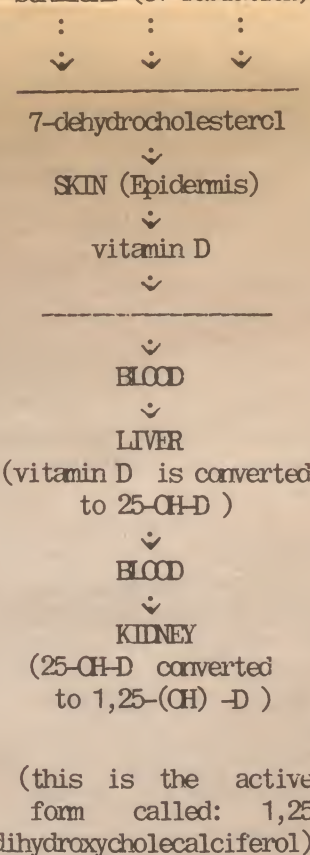
by Mike Boyle

Very few foods are good sources of dietary vitamin D. Small amount can be found in cream, butter, eggs, and liver. Since vitamin D is necessary to maintain good health, providing an abundant supply via diet makes good sense. In this regard, milk is fortified with vitamin D since it has been found to be the most suitable carrier for the distribution of this vitamin to the general public. In Canada, milk used to make cheese, cottage cheese, ice cream and yogourt is NOT fortified with vitamin D. Of course one always has the option of consuming a concentrated natural source of vitamin such as cod liver oil.

Fortunately, humans need not depend entirely on dietary sources of vitamin D to meet their requirements. We have our own endogenous supply of vitamin D, provided we have at least casual exposure to direct sunlight:



## SUNLIGHT (UV radiation)



1,25 dihydroxycholecalciferol enters the bloodstream to:

A. increase intestinal absorption of dietary calcium (Ca<sup>2</sup>) and phosphate (PO<sub>3</sub>-) ions.

B. cause the release of calcium and phosphate ions into the blood from bones. This DEMINERALIZATION process is thought to be essential for the supply of calcium and phosphate ions for the process of bone

MINERALIZATION, since bone is continually being formed and decomposed simultaneously throughout the life cycle. During growth in infants and children, more bone is formed than is resorbed. In adulthood there is a balance between the two processes, but after age 50 bone reabsorption may exceed formation such that a net loss of bone matter occurs.

C. decrease the loss of calcium and phosphate ions through the kidneys to urine.

D. be stored in fat tissue of our bodies (since active vitamin D is FAT SOLUBLE) if the level of the vitamin in our blood is already sufficiently high when we expose ourselves to sunlight.

Through the processes outlined in A, B, and C, it is clear that vitamin D plays an essential role in the maintenance of critical plasma levels of calcium and phosphorus. Without a sufficient supply of these ions, an abnormal increase in bone demineralization ensues which is called RICKETS in children, and OSTEOMALACIA in adults, both defined as "vitamin D deficiency" diseases.



# Eating Disorders

## ANOREXIA : the disease

by Lisa Jane Callow

Anorexia nervosa is a condition where a person deliberately starves in an attempt to reach a dangerously low body weight.

Anorexia was documented hundreds of years before Christ, yet it is only in the last few years that much attention has been given to this disease. This sudden interest is not surprising since in the last two decades, it has been estimated that the number of anorexics has increased one hundred fold. Such an increase would indicate epidemic proportions though some statisticians argue that many cases went undiagnosed in the past.

Anorexia occurs mainly in teenage girls or young women; some male cases have been documented but they are outweighed twenty to one by women. Clinically, anorexia is diagnosed by a weight loss of at least 25% with no apparent psychological or organic disease. Symptoms include amenorrhea (or cessation of menstruation), constipation, abdominal pain and lanugo, a fine hair that appears all over the body. This latter symptom appears because the patient no longer has the ability to control their body temperature. Not only do the anorexic's fat stores disappear but muscle is depleted as the patient deliberately starves themselves.

In fact, anorexia nervosa is a misnomer; by definition anorexia means a

loss of appetite, while many anorexics report that they do indeed feel hunger but pride themselves from not "giving in". In fact it is this need of control that characterizes the typical anorexic; other traits commonly described are perfectionist, introvert and intelligent. Most come from middle class families who are achievement oriented and it is this domestic strain that has most often been linked with anorexia nervosa.

Psychologists have suggested that anorexics have a deep founded fear of maturing and so starve themselves to resemble their prepubescent state. An anorexic will look in the mirror and see a fat person even if already grossly underweight. Such a distorted body image will frustrate the anorexic who will then set lower and lower arbitrary weight standards for themselves. Ironically, they often seem to be normal people since they talk a lot about food, spend many hours preparing food and counting calories. Most anorexics keep very detailed food diaries, making sure every bite is accounted for. Often meals consist of just that... bites; one patient describes breakfast as "I ate my Cheerio" after which the anorexic will complain strongly of feeling full.

Treatment of the anorexic patient is

difficult at best. the anorexic does not particularly want to be helped since this would of course mean weight gain, so attempts are made to sabotage any interference by the medical staff. This can include vomiting, disconnecting intra venous feeding tubes and abuse of laxatives and diuretics.

Improvements have been seen with administration of anti-depressants, while other treatments are being looked into that focus on the hypothalamus, a gland in the brain, as the culprit in anorexia nervosa. This type of physiological theory is being questioned since anorexia nervosa only occurs in developed countries and seems to afflict certain social classes. Some link with low zinc levels in the body has been noted but conclusive research has yet to be published.

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CAROLE SABOURIN

## Confused

continued from page 7

Everybody seemed to have his or her own idea on the best diet without any practical considerations for the reader. Like the book giving recipes for breakfasts that require almost one hour of preparation time. If I had a chef, I could go on that diet; although I could ask my girlfriend to move in with me, considering she was the one nagging me in the first place, that might be fair.

Five hours later that day I had had it up to here with all of these books. I refused to read one more. My girlfriend's earlier

suggestion to go to a professional dietitian sounded more and more logical. I cannot tell you how much I hated the fact that she was right; I couldn't go home and admit that she was; I needed a good plan and fast because the clerk was getting upset. Then it came to me. It was very simple; I was going to tell her that I read in several good books that a consultation with a dietitian was a good idea before one decides on a diet. Was she going to believe me? She would if I was sincere enough.

I'm still practising my sincere face.

**1st National Symposium on Eating Disorders**  
April 29th, 30th, 1988  
at the Château Champlain  
in Montreal  
Under the auspices of the  
Douglas Hospital Center and the Anorexia Nervosa  
and Bulimia Foundation of Quebec (ANA)



Gill Finnerty  
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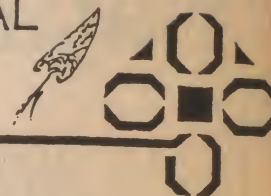
## Health Tip:

### The Whole Grain, and Nothing but the Grain...

Grains, in their virgin form, provide a harvest of health components: complex carbohydrates, protein, vitamins and minerals, fiber and essential fats. They contain virtually all the essential nutrients needed to keep our bodies in stride. In short, you couldn't ask for more from a food. Try to fit oatmeal, couscous, bulgar or whole grain breads into your daily diet.



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## Fitness Fundamentals

### Gut Strength

by Bob Grier

The centre of the body's strength is in the midsection, the abdominal muscles. They create a vital, powerful link between the large muscles of the upper leg and the back.

A swimmer's stroke, a runner's stride, or a skier's double pole are all dependent on a strong and balanced set of "abdominals". Without them, the power generated by these movements is limited, regardless of the strength of the other muscle groups.

Ask a follower of any of the martial art disciplines and they'll tell you that the "Ki" or "Chi" (which is the body's life force) flows from the centre, the abdomen.

Another very important reason to do "ab work" is lower back pain. This is very common amongst adults and can be greatly relieved by these exercises. A strong abdomen can lead to a strong, problem free back.

Most people do "ab work" for the wrong reasons. They believe that by doing so, they can get rid of those "love handles", that layer of fat around the midsection. Working the "abs" is vitally important out "spot reducing" is impossible. The only way to lose this fat is through diet and steady aerobic exercise (as I've said in previous columns).

One should work the abdominals at least 3 times a week, doing sets for both the upper and lower abs. Note: If you're more than 10 lbs. overweight, you may

work abs 5 days a week. Some tips before I give you some exercises:

- Proper breathing is the most important and usually the most overlooked feature of these exercises. You must always exhale during the hardest part of the exercise, the contraction phase, otherwise the diaphragm will prevent maximum contraction of the "rectus abdominus"

- Bending your knees slightly while doing these movements will relieve the stress on the lower back.

- Keep the range of motion short, i.e. when doing a sit-up, do not lower yourself all the way to the floor, but start back up when your back is 8 inches from the floor.

- Concentrate on keeping your muscles contracted during the entire movements.

Now that the ground rules are set, here are some exercises for the upper abdominals:

#### Bent knee leg raise

Lie on your back with your hands under your buttocks with the knees slightly bent, raise the legs upward to a 90° angle. Inhale as you lower the legs. Do not let the legs touch the ground. Repeat 10 to 15 times.

#### Sitting knee to chest

Sit on the edge of a bench with your feet about six inches from the floor. Exhale as you bring your knees up as far as you can toward your chest. Inhale as you lower back to the

starting position. Same reps as above.

Now for those lower abdominals:

#### Bent knee situps

Lying on the floor, or an abdominal board, with your knees bent and your hands behind your head: Raise the upper body until you elbows touch your knees, careful not to jerk your head up. Let the abdominals, not your arms,

do the work.

#### Crunches

Lie on the floor and place your lower legs on top of a bench or chair. You should be close enough so that the legs are at a 45° angle. Hands behind head and chin on chest. Pull your torso up in a slow, rolling motion until it is close to your thighs if possible. Contract the abs.

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# La Soirée International Dans Nos Murs

par Clérance Kimanyi

Vent d'Est, vent d'Ouest, brise du Nord, Mousson du Sud. Et voilà le tourbillon qu'est l'International Evening.

La fin de l'année (académique s'entend) est au coin de la semaine. Elle n'aura pas été des plus calmes. Que des parties! Les unes aussi colorées que les autres. Des parties qui de staff, qui du département de génie, qui du département d'agro-économie et j'en passe.

N'est-il pas normal qu'au soir de cette chère académique année il se vive une manifestation de joie qui canaliserait tout ce potentiel tant démontré cette période durant?

Voilà une des raisons d'être de la fameuse "International Evening" née il y a quelques années du génie de ceux dont le coeur a su refléter et renvoyer l'écho de la réalité du fait cosmopolite au sein de

l'université.

En effet il se meut dans notre communauté estudiantine une dynamique engendrée de la rencontre des ressortissants de cinq continents.

Tout ce brassage en se cristallisant sous forme de l'International Evening va éclore le jeudi 7 avril à 20:30 au ballroom de Centennial Centre.

Les préparatifs battent leur plein au moment où sont entrain de se coucher ces quelques lignes sur papier. J'ai eu l'occasion de pénétrer les coulisses de toute cette trame, heureuse, précisons. En voilà quelques composantes:

L'Italie? Oui, oui celle des Ritals vous avez raison. Présente. L'Allemagne, jamais en laisse. Il se concocte depuis quelques jours dans son sillage un met à vous faire mordre les doigts. Mama mia. Deutz.. grâce, au delà de ce mot je suis perdu. Le Maroc habillé aux tons de soleil, de ses pages sabloneuses défilera

les estomacs avec son fameux TAJINE KEFTA. Je comprends la difficulté de la bouche à prononcer ce mot. Elle saura pourtant en un clin d'oeil en ingurgiter des quantités.

Le Pakistan, Le Liban, L'Iran vous attendent de pied ferme. L'assiette savamment épicée en est la spécialité. Leurs costumes à la "Babar" vous feront lever. Vous en doutez? Suivez moi jusqu'au tournant de la phrase... Oh! L'Espagne nous conviera à sa fameuse TORTILLA. Oh! Cette Espagne de tant de poésie. Espagne de tous les soleils...

Si les sirènes étaient réelles, elles seraient grecques. J'ai cru en avoir croisé. Non, elle était réelle celle-ci. Elle est grecque effectivement. Elle s'appelle... enfin par son nom. Ah! Mon Dieu, il ne lui manquait que la partie-poisson pour faire sirène. Tenez-ça: elle dansera la ZORBA. Cette gorgone (sirène en grec) nous fera goûter au DOLMADES (feuille de raisins et viande) et au SPANAKOPITES (épinard, je pense). Si vous parvenez à les bien prononcer, pensez à ma pauvre langue que je viens de mordre.

La Chine sera au

rendez-vous avec la vraie des vraies chinoises. vous risquerez de confondre digts et ingrédients.

De l'Arménie, cet empire à l'histoire sensationnelle, il nous arrive un met au nom évocateur: KESHKEK qui vous arrache quelques gouttes de salive juste en le prononçant et dont la composition vous intéressera seulement après avoir léché le fond de l'assiette. L'occasion vous sera également offerte d'admirer le génie vestimentaire de ces amis.

Du Québec pointe une originalité. "La gigue de la bécassine" vous dit-elle quelque chose? Cet air sera interprété par deux virtuoses de guitare et de l'accordion. J'ai failli en perdre mes semelles. La claquette vous attaque les pieds à les écouter répéter.

Accompagnée au piano par une soeur de Barbades, une soeur d'ici nous conviera à rêver sous l'air du fameux "L'amour en héritage" après qu'elle nous aura fait goûter à une tarte de ses recettes gros-tubes, héritage de grand-maman.

De l'Argentine chère, nous viendra un numéro vocal et de doigté exécuté par un de nos illustres familiers. Sic.

Nos consœurs d'Haiti nous font déjà couler la salive en annonçant les couleurs du pâté haitien. de cette grande île nous sera interprété des airs à la douceur de la brise tropicale. Oh! chant quand

tu nous tiens!!

C'est à cette occasion que REGINA nous prouvera qu'il tient aussi le bou de la chanson. Attention les gars, les filles bien "costumées" se tremousseront comme vous n'aurez jamais vu... à vos risques et périls. Les trops zelés se buteront aux bras de fer. Avez vous déjà goûté à la cuisine Kenyenne? Malavienne? Ce sera l'occasion. Et leurs costumes? Vous vous croirez en plein safari. Afrique, que tu nous rapproche de la Nature! Et l'Etiopie? Originalité, elle signe. Et l'Egypte? Oui, celle des pharaons. Patience. vous en verrez.

CHOLA, celle dont le regard maternellement protecteur toujours en conservations retirées avec SKENNY (collaboration sincère oblige) nous invitera à pénétrer cete mystérieuse Asie via cuisine cambodgienne et costumes de cette partie du monde.

Oh! Asie, toi qui tant t'échappes de nous!!

Hypothèse: Posons: L'International Evening ne laisse personne indifférent. Le staff s'implique. le bureau du registraire embarque. Quelqu'un se décide de présenter un numéro. Non, il se ravise et décide de chanter. Disons, c'est le registraire... Vous vous ce que je vois!!

Il reste que "j'hypothèse" au plein sens du mot.

Ch hypothèse, si seulement Tu te "théorisais" et Te concrétisais Tu serais réelle.

Au risque de trop exciter

"l'instinct-que-ç'arrive-vite" des lecteurs, j'accepte la main sur le coeur que me lâche ma plume et vous donne rendez-vous au 7 Avril, alors ensemble pourrions conclure.

# INTERNATIONAL EVENING

by Ken Wiyo

The International Evening is on APRIL 7, coming to the CC Ballroom.

Hey, have you heard? The International guys are at it again. According to Skenny, the organising Chairperson, "It will be a blast"

This time they want to have a party for everyone. So they have made a few surprising changes while retaining the best of the previous years. this one will be a party for everyone.

The idea of the International Evening is not a new one and is basically to make other people aware of other cultures represented at Macdonald College while making them laugh, enjoy themselves and generally have a good time. "We are not for the big bucks, we just want people to forget books and have a fun-filled evening - an evening they will always remember" said Skenny.

So what do you students

hope to expect this year? Well, this time it is essentially free. The ticket is only a dollar, in return you get to see the infamous fashion show and this time it will span all the continents. Chola who is organising the event says, "This year they have good costumes from all corners of the globe. e gave it a lot of time".

And if you're in for the music, you will fly International class with some famous reggae, calypso, rumba, latin, Kasav and African music to mention just a few. A special DJ is getting ready for the day, he says "You will dance your legs out with International rhythms"

There will be groups performing on stage too! Look out for that famous Greek dancer from last year! She is better than ever.

If you happen to come early, you will be able to tempt your taste buds with International cuisine prepared by our chefs (and remember all this for only one dollar). It will all be here for you - thanks to the International Students' Association (ISA). So whatever turns you on: music, food, beer, fashion shows, live performances, you will have it. This will be the event of the year.

As usual ISA is serious... Proceeds from this event will go to UNICEF to help needy children get an education in other parts

of the world - so be a sport and help a good cause.

The Internationals want to celebrate the evening with you - and help you beat the pre-exams blues. No matter how you look at it, you can't lose if you come. So if you want to see the International party take flight, be there on April 7 or you'll be sorry.

Check posters for any late developments or call for more details from Joel 457-4073 or Skenny 457-6529



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